



A Nutrition Resource

BAKED MAC AND CHEESE WITH BROCCOLI

Yield: 6 Servings

Cost/Serving: \$2.20

Ingredients:

- 8 oz whole grain elbow macaroni
- 2 tsp oil
- 3/4 cup diced onion
- 1 1/3 cups milk (skim or low-fat)
- 2 tbsp corn starch
- 2 tbsp milk (skim or low-fat, for thickener)
- 1 cup shredded cheddar cheese
- 3/4 tsp paprika
- 1/2 tsp dry mustard
- 1/4 tsp salt
- 1 pinch black pepper
- 8 broccoli crowns

Directions:

1. Boil pasta in 3 quarts water per pound. Be careful to not overcook as pasta will get mushy. Drain well and rinse with cold water. Pour cooked pasta into a baking dish.
2. Heat the oil. Add the onion and garlic and cook over medium heat, stirring occasionally until softened but not brown, about 5-7 minutes.
3. Add the milk and continue cooking, do not bring to a boil. DO NOT add the milk that is dedicated for the "thickener" until step 4.
4. Thoroughly whisk the cornstarch into the remaining cold milk to make the thickener. Add the thickening mixture to the boiling milk, stirring frequently, about 5 minutes.

Nutrition Facts	
6 servings per container	
Serving size	3/4 cup (0.0g)
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 310mg	13%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0.6mcg	4%
Calcium 300mg	25%
Iron 1.7mg	10%
Potassium 730mg	15%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION



A Nutrition Resource

5. Reduce heat to low and add the cheddar cheese, paprika, mustard, salt, and pepper, stirring constantly until cheese melts, about 1 minute.
6. Chop the broccoli crowns. If you are using the stems, discard the bottom 1-2 inches, peel the stems with a sharp knife, and slice thinly.
7. Steam the broccoli in a steamer or in a large pot with 2 inches of boiling water, covered, over high heat, until bright green and softened but not mushy, 5-7 minutes. Drain broccoli.
8. Combine broccoli, cheese sauce, in the baking dish, adding salt and pepper, as necessary.
9. Blend bread and parmesan in a food processor until the breadcrumbs are fine. Sprinkle on top.
10. Bake until cheese is bubbling and crust browns, covering with aluminum foil if it gets too dark, at 325°F for about 30-35 minutes.

*Source: MT Harvest of the Month and
Massachusetts Farm to School
Cookbook*

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Facebook
facebook.com/buyeatlivebetter



MONTANA
STATE UNIVERSITY

EXTENSION